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ABSTRACT

This group of documents describe the University of Massachusetts/Amherst's (UMA) drug and alcohol prevention program. The Alcohol Education Program sheet describes the program's goal and objectives, lists educational programs, media efforts, community development projects and discusses assistance and referral policy. Another document states the UMA general policies regarding unlawful use of drugs or alcohol and a summary of legal sanctions under Federal and state law. The Alcoholic Beverages Policy contains general guidelines, a section on regulations which includes formal definitions of important terms, individual and group responsibility guidelines, purchasing regulations, rules and regulations for alcoholic beverages at campus functions, regulations regarding campus police and other university officers, and a section on violations. A document on the peer counseling program describes the purpose, selection and training of participants. The description of groups for adult children of alcoholics groups details the group goals, size and referral process. A description of the Athletic Health Enhancement Program covers purpose, consultation services, and referrals. The document on the Residential Education Alcohol Program, which serves students violating campus alcohol regulation, establishes objectives, identifies the target groups, and describes the referral process. The Wellness Corridor sheet describes a section of campus housing set aside for those students who have chosen not to drink or use drugs. (JB)

[ALCOHOL AND DRUG EDUCATION PROGRAM MATERIALS]

[1990]

UNIVERSITY OF MASSACHUSETTS, AMHERST

HE 024 538

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The ERIC Clearinghouse on Higher Education has been given federal funds to process a special collection of policy, program and curriculum documents produced by the Network of Colleges and Universities Committed to the Elimination of Drug and Alcohol Abuse, a coalition of institutions initiated by the Department of Education, Office of Educational Research and Improvement in response to the 1989 Drug Free Schools and Communities Act.

Major objectives of the project are to:

- increase access to the information on programs, policies, and curricula developed by Network member institutions;
- encourage the use of the ERIC system by Network member institutions;
- improve the Network's ability to know about, and share information on activities at member institutions; and
- test a model for collaboration with ERIC that other national agencies might adopt.

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Alcohol Education Program

Division of Health Education
University Health Services
University of Massachusetts/Amherst

The Alcohol Education Program is funded by student health fees and operates within the Division of Health Education, University Health Services. The program developed from the Demonstration Alcohol Education Program (DAEP), which was federally funded from 1975-1980 by the National Institute of Alcohol Abuse and Alcoholism (NIAAA). In 1980 the Alcohol Education Program was incorporated into the Health Education Division of the University Health Services and continues to provide alcohol education and community development activities for the University of Massachusetts community.

Program Goal and Objectives

Goal

To promote responsible decisions and behaviors involving alcohol and other drug use.

Objectives

1. To provide accurate information about alcohol and other drugs.
2. To encourage discussion and self-assessment of feelings, attitudes, values, family histories, and the social environment as factors that influence one's decision to use, abuse, or abstain from alcohol.
3. To promote positive peer pressures which will facilitate responsible use of alcohol and other drugs.
4. To promote recreational and social activities where alcohol and other drugs are not the focus.
5. To provide programs aimed at reducing alcohol and drug-related disruptive and destructive behaviors, i.e., drinking and driving, violence, vandalism, etc.
6. To provide programs that assist students who may have problems with alcohol or other drugs.
7. To assist faculty, students and staff in instituting or changing policies and practices which promote responsible use of alcohol and other drugs.

Methods

Educational Programs

- Student Training

  Students are trained to be alcohol peer educators and receive credit for providing workshops and community services on alcohol and drug-related issues.

- Workshops

  Presentations are provided on request to faculty, staff and students covering a broad variety of alcohol and drug-related topics. Most are 2-3 hours.

- Colloquia

  Colloquia are 16 hour courses in alcohol education where students receive one credit for participation.

- Student Assistance Programs

  Education and clinical support services are combined in a 5 week program to assist students whose alcohol-related behavior is causing problems.

(over)

Media

- Posters, pamphlets, display tables, newsletters, public service announcements, and radio programs cover information on alcohol and drug-related topics.

Community Development

- Projects are planned with other community groups such as the town and campus police departments (bartender training) or the school department (parent training).

- Participation on policy boards, task forces and committees is an on-going activity to address alcohol and drug-related issues.

Assistance and Referrals

- Referrals for alcohol or drug-related problems are made to appropriate treatment agencies.

UNIVERSITY OF MASSACHUSETTS
AT AMHERST

DRUG-FREE SCHOOLS AND COMMUNITIES ACT AMENDMENTS OF 1989 PUBLIC LAW 101-226

The University of Massachusetts at Amherst, in accordance with both federal legislation and existing University policy, is committed to providing a drug-free, healthful, and safe environment for all faculty, staff and students.

The unlawful manufacture, distribution, dispensation, possession or use of a controlled substance, and the unauthorized possession or use of alcoholic beverages on the Amherst campus or as part of any University activity or business off University premises is prohibited. If it is determined that a violation of this policy has occurred, disciplinary action up to and including termination of employment, expulsion of students, and referral for prosecution may result as deemed appropriate. Applicable legal sanctions for the unlawful possession or distribution of illicit drugs and alcohol are summarized on the reverse side.

The University recognizes alcohol and drug dependency as an illness and a major health problem. Alcohol is the number one drug problem in this country and on campus. Drinking alcohol has acute effects on the body. It impairs judgement, vision, coordination and speech and often leads to dangerous risk taking behavior. These may include drunken driving, injuries and serious accidents. Nearly half of all accidental deaths, suicides and homicides are alcohol related. The misuse of alcohol is often involved in violent behavior, acquaintance rape, unintended pregnancies, and the exposure to sexually transmitted diseases. Long term excessive drinking and drug use can lead to a wide variety of health problems in many different organ systems.

The use of drugs and alcohol can cause physical and psychological dependence. They can interfere with memory, sensation and perception. Drugs impair the brain's ability to synthesize information. Regular users of drugs develop tolerance and physical dependence often experienced by withdrawal symptoms. The psychological dependence occurs when the drug taking becomes central to the user's life.

Employees who need help with substance abuse problems or co-workers/family members of substance abusers are encouraged to use the University Employee Assistance Program (545-0350). Services include assessment, referral to professional treatment and self-help programs, an early recovery group and extensive follow-up. All contacts are confidential and conscientious efforts to seek help will not jeopardize any employee's job.

Students with substance abuse problems are encouraged to use the full range of educational and treatment services provided by the University Health Services. The Alcohol and Drug Education Program (549-2671, x 181) offers workshops, information, and referrals to treatment and self-help groups, as well as adult children of alcoholic groups. The Mental Health Division (545-2337) provides individual, couples and family therapy for students who have paid the health fee, and for Kaiser UHS members. Detoxification is available in the inpatient unit on a limited basis. All contacts are confidential.

This summary sheet has been compiled and distributed to all members of the campus community to meet the requirements of the Drug-Free Schools and Communities Act. In addition to this policy, other University policies remain in force. These policies are available in the following documents, as appropriate: University Alcoholic Beverage Policy; Code of Student Conduct; Residence Hall Manual; Faculty Handbook; AFSCME Handbook; Drug Free Workplace Act.

The University of Massachusetts is an Affirmative Action/Equal Opportunity Institution

SUMMARY OF LEGAL SANCTIONS FOR THE UNLAWFUL POSSESSION OR DISTRIBUTION OF ILLICIT DRUGS AND ALCOHOL PROVIDED IN COMPLIANCE WITH THE DRUG-FREE SCHOOLS AND COMMUNITIES ACT

Local, state, and federal laws make illegal uses of drugs and alcohol serious crimes. Conviction can lead to imprisonment, fines and assigned community service. A felony conviction for such an offense can prevent an individual from entering many fields of employment and licensed professions.

Cities and towns in Massachusetts, specifically Amherst, prohibit public consumption of alcohol and impose fines for violation. The Metropolitan District Commission also prohibits public consumption of alcohol in its parks.

Massachusetts laws prohibit sale or delivery of alcoholic beverages to persons under 21 with a fine of up to $2,000 and 6 months imprisonment, or both for violations. Misrepresent one's age or falsifying an identification to obtain alcoholic beverages is punishable by a fine of $300. A first conviction of driving under the influence of alcohol has a penalty of a $1,000 fine, one-year revocation of driver's license, up to two years in prison, and mandatory participation in an alcohol rehabilitation program.

Massachusetts has criminal penalties for the illicit use of controlled substances (or "drugs"), with penalties varying with the type of drug. In general narcotics, addictive drugs, and drugs with a high potential for abuse have heavier penalties.

A law enacted in Massachusetts in August, 1990, imposes a mandatory minimum of five years imprisonment for causing, inducing or abetting a person under eighteen years old to distribute, disperse or possess with intent to distribute controlled substances, or to deliver or possess money in conjunction with such controlled substances.

Possession of drugs is illegal without valid authorization. While penalties for possession are generally not as great as for manufacture and distribution of drugs, possession of a relatively large quantity may be considered distribution. Under both state and federal laws, penalties for possession, manufacture and distribution are much greater for second and subsequent convictions. Many laws dictate mandatory prison terms and the full minimum term must be served.

Massachusetts makes it illegal to be in a place where heroin is kept and to be "in the company" of a person known to possess heroin. Anyone in the presence of heroin at a private party risks a serious drug conviction. Sale and possession of "drug paraphernalia" is illegal in Massachusetts.

Persons convicted of drug possession under state or federal law may be ineligible for federal student grants and loans for up to one year after the first conviction and five years after the second; the penalty for distributing drugs is loss of benefits for five years after the first, 10 years after the second and permanently after the third conviction.

Under Federal law, distribution of drugs to persons under age 21 is punishable by twice the normal penalty with a mandatory one year in prison; a third conviction is punishable by mandatory life imprisonment. These penalties apply to distribution of drugs in or within 1,000 feet of a college or school. Federal law sets greatly heightened prison sentences for the manufacture and distribution of drugs if death or serious injury results from use of the substance.

UNIVERSITY OF MASSACHUSETTS/AMHERST

Alcoholic Beverage Policy

PREFACE

Many things are learned in the years spent as part of a University community. A primary goal is to gain knowledge and expertise in a particular field. However, there are other important goals, such as learning to take responsibility for one's life; gaining awareness of one's basic values, and making changes that are consistent with those values; and learning to live, work and play in thoughtful community with others. The intention of the University Alcoholic Beverage Policy is to promote attitudes towards alcohol use that are consistent with an atmosphere of civility, and to discourage alcohol-related behavior on campus which is abusive to oneself or to others.

I. GENERAL GUIDELINES

The acquisition, possession, transportation and consumption of alcoholic beverages are governed by various statutes of the Commonwealth of Massachusetts and regulations of the Alcoholic Beverages Control Commission. In general, some of the more pertinent statutes and regulations provide that:

A. No person, group or organization may sell alcoholic beverages except pursuant to a license granted by the Commonwealth through the local government licensing authority.

B. No person shall operate a motor vehicle while under the influence of alcoholic beverages. Violators are subject to arrest, fine, mandatory court education programs, loss of license and/or imprisonment.

C. No person who is intoxicated shall be served an alcoholic beverage. Violators are subject to fine and possible disciplinary action from the local licensing authority.

D. No person or group shall purchase or otherwise procure alcoholic beverages for consumption by a person under 21 years of age. Violators are subject to criminal charges and fine.

E. No person under 21 years of age shall transport, purchase, sell, possess, or receive alcoholic beverages. (Except persons who are 18, 19, or 20, may transport or carry alcoholic beverages in the course of his/her bonafide employment in an establishment licensed to sell alcoholic beverages.) Violators are subject to arrest, criminal charges and fine.

F. No person shall use the liquor identification card or driver's license of another, or supply such cards to another, or furnish false information in obtaining such cards, or alter or deface such cards. Violators are subject to possible arrest, criminal charges and fine.

G. In addition to the criminal penalties for wrongful handling and use of alcoholic beverages, individuals who furnish or sell alcoholic beverages to minors or to persons who are intoxicated may be liable to such persons and to anyone else who suffers personal injury as a result of such furnishing or sale. This could result in a civil lawsuit.

II. REGULATIONS

Statutes and regulations are numerous and subject to change. The above generalizations should not be considered as a complete and categorical statement of the present law. All members of the University community are expected to acquaint themselves with the laws and regulations relative to the possession, consumption, distribution, transportation, and sale of alcoholic beverages.

A. Authority. These regulations are promulgated by the Trustees of the University of Massachusetts pursuant to the provision of Massachusetts General Law, Chapter 75, Section 3, and Chapter 15A, Section 10, and shall be in effect in all areas and for all persons falling under the jurisdiction of the Trustees.

B. Definitions. The following words as used in these regulations, unless the context otherwise requires, shall have the following meanings:

1. "Alcoholic beverage", any liquid intended for human consumption as a beverage and containing one half of one percent or more of alcohol by volume at sixty degrees Fahrenheit.

2. "Organization", all recognized student organizations, fraternities, sororities, area governments and groups of students, and all faculty, staff, and alumni organizations using areas under University jurisdiction.

3. "Responsible Officer", the individual or office designated as such by the Chancellor of the University for the implementation of these regulations. See L of this section for duties of the responsible officer.

4. Individuals covered under this policy:

   a. "Student", any person enrolled in a class or course at the University, whether full or part time, graduate or undergraduate.

   b. "Faculty", any person employed as an instructor, lecturer, assistant/associat or full professor at the University, whether on a full or part-time basis.

   c. "Staff", any person employed by the University in a professional or classified capacity whether on a full or part-time basis.

   d. "Alumni", any person previously enrolled as a student at the University, wheth full or part-time, graduate or undergraduate.

   e. Any person involved in five-college activities or classes held at the University of Massachusetts.

   f. Any person who is a visitor of or who is a guest at the University.

5. "University", the University of Massachusetts at Amherst.

6. "Areas under jurisdiction of the University", includes all

   a. property occupied or used by (or used in the name of) the University;

   b. property owned, occupied or used by the University of Massachusetts Building Authority; and

   c. property, irrespective of ownership, which is occupied or used by a fraternity, sorority or any other recognized organization of students.

C. Individual and Group Responsibility for Alcohol Related Behavior

1. All individuals and groups covered under this policy are to observe Massachusetts state laws pertaining to alcohol, including the 21 year old drinking age law, and be aware of the legal ramifications of non-compliance.

2. Damage to or destruction of property, or injury to person(s) which is caused by or can be shown to be related to the consumption of alcohol will be subject to disciplinary action. The association of alcohol with problem behavior shall not be seen as a mitigating factor in the disciplinary process.

3. Employees or students who become the subject of campus police and security reports involving alcohol, and groups of individuals who violate campus rules because of alcohol, will be required to meet with the appropriate Vice Chancellor or his/her designated representative for discussion of the incident(s) and possible referral.

4. The sponsoring organizations of social events must abide by established procedures and standards as outlined in this policy. Failure to do so may result in action under existing University rules and regulations as may be amended from time to time and/or loss of University recognition of the organization, except where state law supersedes this action.

5. University of Massachusetts/Amherst affiliated residential units and activity/social groups are responsible for adhering to rules related to alcohol service at social events and for maintaining the guidelines in this policy. Failure to do so may result in action under existing University rules and regulations as may be amended from time to time and/or loss of University recognition of the organization, except where state law supersedes this action.

6. Members of the University community who host social events in areas under jurisdiction of the University in the Amherst campus area are responsible for the alcohol related behavior of their guests.

D. Purchase of alcoholic beverages; restrictions

1. Unless otherwise permitted by current campus operating procedures, no individual or organization may expend any campus funds for the purchase of any alcoholic beverages.

2. No individual or group operating under campus jurisdiction may expend monies informally collected from members of an organization for the purchase of any alcoholic beverage except where said beverage is to be served as part of a duly registered and/or scheduled event, and consistent with the cultural, educational or professional purposes of the organization.

E. Campus Groups serving alcoholic beverages without charge; Rules & Regulations.

1. Campus groups may serve alcoholic beverages without charge within their respective premises and within established guidelines provided:

   a. No alcoholic beverage is served to any person under the age of 21 years;

   b. No fee is charged for any alcoholic beverage; use of chits as a substitute for cash is a violation of ABC administrative regulations and is prohibited;

   c. No individual under the age of 21 years shall contribute to any fund used to purchase alcoholic beverages;

   d. No alcoholic beverage shall be served to any intoxicated person;

2. An appropriate fee may be charged for live entertainment; provided, however, that the fee is not used for the purchase of alcoholic beverages.

3. Admission and consumption of alcoholic beverages may be restricted by the organization to its members and their guests.

4. Campus groups may have other reasonable guidelines and regulations, consistent with the regulations provided herein, to further regulate the purchase and consumption of alcoholic beverages. See O of this section.

F. Campus groups selling alcoholic beverages; Rules and Regulations

1. No student, faculty, staff member, or organization shall sell or offer for sale any alcoholic beverage unless they shall have received a license from the Commonwealth of Massachusetts through the local licensing authority prior to engaging in any such sale or offer to sell.

2. All sales of alcoholic beverages on University property shall be subject to and in conformity with any restrictions or conditions imposed by the local licensing authority.

3. All persons who are hired to serve alcoholic beverages must attend one of the bartender/server training programs offered each semester by the Alcohol Education Program or by the Department of Public Safety.

4. No alcoholic beverage shall be sold to any person under the age of 21 years.

5. No alcoholic beverage shall be sold to any intoxicated person.

6. No individual or organization shall apply for a license to sell alcoholic beverages unless the Responsible Officer designated by the Chancellor of the University under L of this Section shall first approve said application.

G. Alcoholic Beverage Container Regulations

1. Kegs and other large volume containers are not permitted in areas under University jurisdiction except at duly authorized events.

2. Open bottles or other shatterable containers are not permitted in public spaces on campus except at duly authorized events/licensed events.

3. Safe disposal of any beverage container is required in all areas under University jurisdiction.

H. Regulations Pertaining to Outdoor Events

The possession, sale, or use of alcoholic beverages at outdoor events held in areas under the jurisdiction of the University is prohibited.

I. Social Events/Advertising

The University of Massachusetts has adopted guidelines for the responsible promotion and/or marketing of alcoholic beverages on campus. These guidelines are available from the office of the Vice Chancellor for Student Affairs. In general, social events which encourage drinking or drunkenness as themes, and the advertisement of such events, are considered inappropriate and will not be permitted. Promotional activities by alcohol marketers will not be permitted, except with the approval of the Vice Chancellor for Student Affairs or designee. If approval is granted, an activity may be sponsored by a particular marketer, but in no case will the promotion of any specific brands of alcoholic beverages be permitted.

J. Responsibility for providing certain attendant functions.

Any person or organization providing alcoholic beverages in areas under University of Massachusetts/Amherst jurisdiction, whether or not a fee is charged, shall be responsible for providing:

1. At least three non-alcoholic beverages which are prominently displayed. No one should be coerced, even subtly, to drink or to overindulge. Persons who provide alcoholic beverages to guests bear a responsibility to see that alcohol is not served to intoxicated individuals.

2. Food (e.g., hors d'oeuvres, snacks or meals). This stipulation makes the event more balanced and reduces the probability of inebriation.

3. A clean, sanitary serving area with unused containers, cups, ice and other utensils.

4. Reasonable control of access to the immediate areas where alcoholic beverages are served or stored;

5. Sufficient supervision to insure compliance with Massachusetts Law, including a police officer or officers wherever appropriate (see K of this section).

6. A thorough and complete cleaning of the premises within twelve (12) hours after the function has ended.

K. Director of Public Safety; Police Officers; Compensation.

1. The Director of Public Safety for the University shall provide police assistance to any organization requesting such assistance by assigning uniformed or non-uniformed officers. The individual or organization requesting such officers shall be responsible for their compensation. Any individual or organization requesting assistance shall make such request no later than one week prior to the commencement of the function.

2. The Director or any police officer(s) assigned by him/her to provide assistance shall have authority to terminate any function where the possession, consumption or sale of alcoholic beverages is being conducted in violation of these regulation or the laws and regulations of the Commonwealth, and he/she shall notify the Responsible Officer of any such violation.

L. Designation of Responsible Officer; Duties.

1. The Chancellor of the University shall designate an officer or office of the University as the Responsible Officer for the implementation of these regulations.

2. The Responsible Officer shall have the authority to:

   a. establish administrative procedures and guidelines for the processing of applications to sell alcoholic beverages;

   b. sign applications for licenses to sell alcoholic beverages;

c. make application for, receive, and accept on behalf of any individual or organization licenses for the sale of alcoholic beverages;

d. perform those acts necessary for the implementation and enforcement of these regulations.

M. Violations, Penalties

1. Any violation of these regulations shall constitute a violation of University Policy and shall be reported to an appropriate officer of the University.

2. If a charge is filed by the University and a violation of this policy found under the Code of Student Conduct, the designated University official may terminate, suspend or modify the liquor licensing privileges of the individual or organization found to have violated the provisions of these regulations. Any person or organization which has been found to have violated the provisions of these regulations may appeal action taken against them under this alcoholic beverages policy by utilizing appeal procedures to be found in the Code of Student Conduct. This does not limit the application of other sanctions when appropriate.

3. For purposes of these regulation, in determining whether or not to hold any organization liable for the violations of its members at a sponsored event, due consideration will be given to the circumstances of the violation and the efforts of the organization as a whole to comply with the provisions of these regulation.

4. The designated University official shall notify the Responsible Officer of all actions taken by him/her relative to alleged violations of these regulations.

5. In addition, violations of these regulations may be reported to and acted upon by the civil authorities.

N. Violations of the Laws of the Commonwealth; Civil and Criminal Liability

Nothing contained in these regulations shall relieve any person or organization of the responsibility to comply with the laws of the Commonwealth and the regulations of the Alcoholic Beverages Control Commission, nor from any civil or criminal liability which may result by reason of any such violation.

O. More Specific Guidelines from Other University Offices

These regulations describe general and minimal requirements for the use of alcoholic beverages on campus. More specific guidelines concerning alcohol use are available from other offices on campus such as the Residential Area officers (for residence hall events), the Greek Area Coordinator's office (for Greek events) and the Dean of Students Office (for other events including faculty/staff events). All those who play any part in the organization or conduct of such events are responsible for obtaining and adhering to these additional guidelines.

COMMUNITY RESOURCES FOR ALCOHOL OR OTHER DRUG RELATED PROBLEMS

In accordance with the University's commitment to civility, services and resources are provided to support individual needs, to assist at crisis points and to provide accurate information -- all related to alcohol and other drugs. Listings of resources on campus and in the community are available by calling the Alcohol Education Program, Division of Health Education, University Health Services (549-2671 ex. 181) or the Employee Assistance Program (545-0350).

University of Massachusetts Health Services
Health Education Division

Peer Alcohol and Drug Education Program

I. Purpose

Peer Alcohol and Drug Educators are important resources in campus efforts to promote responsible decisions concerning alcohol and drug use among students. They function most effectively as part of a comprehensive campus effort to deal with alcohol and drug use and abuse. At the University of Massachusetts, Amherst, the Peer Alcohol and Drug Educators are part of the University Health Services' approach of integrating peer education with other health services offered to all students. The program is coordinated by a professional staff person in the Health Education Division.

Peer Alcohol and Drug Educators are students selected and trained to work with groups of students in alcohol and drug education programs. They are mainly responsible for facilitating single session workshops which aim to increase knowledge about alcohol/drugs and its effects, encourage attitude examination, and foster responsible decision making concerning alcohol and drugs. The peer educators also assist in community projects, media campaigns, National and 5-College Awareness Week activities and the ongoing evaluation of program activities.

II. Selection

The identification of capable persons who can function as peer educators has been integral to the success of the program. Applicants are rated on a number of factors involving knowledge, experience, and demonstrated abilities. In general, specific knowledge is far less important than experience and demonstrated abilities related to small group facilitation. These include:

A. Knowledge and experience in group facilitation and communication skills, community health education principles, and small discussion group leadership is helpful. Familiarity with issues involving alcohol and other drugs is also useful.

B. Demonstrated individual abilities or qualities are judged most important. Applicants who demonstrate an ability to talk comfortably about alcohol and other drugs, an ability to listen well, and the ability to capture and retain the interest and attention of a group and enjoy the process are sought. In general, successful peer educators are also assertive, articulate, and able to elicit trust and help develop a group climate where other people feel comfortable dealing with personal issues of a threatening nature.

Within the program there is also a commitment to choosing an equal proportion of males and females, and an adequate number of students of color, veterans, former alcohol/drug abusers, and students actively involved in the alcohol industry (bartenders, servers, etc.). Importance is also placed on selecting students who have developed a clear understanding of the role alcohol and drugs play in their lives. Selections are made by the Program Coordinator. The selection process includes screening of initial applicants by completion of a written application form and a personal interview of final applicants. Ratings of each applicant are based on the criteria mentioned above.

III. Training Sequence

Peer Educators make a 2-3 semester commitment to the Peer Alcohol and Drug Education Program. Their training sequence begins in the Spring semester with a pre-service course for three academic credits through the School of Education. Students who successfully complete this return in the Fall semester as in-service peer educators and attend an advanced training seminar for three academic credits. Advanced peer educators design, implement and evaluate their own independent study alcohol/drug education projects and assist in the training of new peer educators. Brief descriptions of each follow:

A. **Introduction to and Training in Alcohol and Drug Education** is the pre-service training course for students selected for participation in the Peer Alcohol and Drug Education Program. The purpose of the course is to provide students with a comprehensive background in the field of alcohol and drug education and primary prevention. Upon completion of this course students

-demonstrate an understanding of basic physiology related to alcohol and other drug effects on the body
-are familiar with University policies regarding alcohol and drug use to explain them to other students
-can identify alcohol/drug-related resources available on campus and in the Five College Community
-are aware of psychological and socio-cultural issues as they relate to alcohol and drug use, abuse and addiction
-know how to communicate and intervene constructively when an alcohol or drug problem is suspected
-can plan, implement and evaluate a workshop for peers on alcohol and drug related issues.

B. **Advanced Training in Alcohol and Drug Education** is the in-service training course for students in the Peer Alcohol and Drug Education Program. The purpose of this seminar is to provide students with group process, leadership and community development skills. Upon completion of this course students

-demonstrate competence as a workshop facilitator and community-based peer leader
-are familiar with prevention and education theories and are able to translate these theories into community development projects and alcohol and drug education workshops
-are trained in a variety of human relations and group process modules, such as team building, process observation, feedback, communication skills and organizational development
-can identify individual alcohol and drug problems and make appropriate referrals to treatment programs
-complete an independent research project related to alcohol or drugs.

C. **Independent Study in Alcohol and Drug Education** is the optional third semester course for peer educators who wish to continue to provide alcohol and drug education workshops to peers, who desire to become involved in the training of new peer alcohol and drug educators and who are interested in pursuing independent in-depth research in the field of alcohol or drugs. Students who choose to continue for the third semester generally have a career interest in alcohol/drug education or treatment or in some other human services related field.

IV. Further Information

Further information about the Peer Alcohol and Drug Education program can be obtained from:

Alcohol and Drug Education Program Coordinator
University Health Services
Health Education Division
University of Massachusetts
Amherst, MA 01003
(413) 549-2671, ext. 181

A:PROTOCOL.KJ6

University of Massachusetts Health Services
Amherst, Massachusetts 01003

ADULT CHILDREN OF ALCOHOLICS (ACOA) GROUPS
A Collaborative Offering of the Divisions of Mental Health and Health Education

Introduction:

Each semester, Health Education and Mental Health offers a ten-week, psycho-educational group for Adult Children of Alcoholics (ACOA). The goal of these groups is to assist students and Kaiser Permanente plan members who experience problems stemming from parental alcoholism and chemical dependency. Participants' parents may be currently drinking or in some stage of recovery. The group may be the treatment of choice or can supplement individual or family treatment. In some instances, where an individual presents with depression or some other potentially serious emotional problem, the group facilitator might recommend additional individual treatment. UHS confidentiality policies apply.

Goals:

The ACOA groups allow participants to:

1. learn about the family dynamics of an alcoholic/chemically dependent family;
2. identify the specific impact of parental alcoholism/addiction on their own lives;
3. learn new, functional coping strategies;
4. gain peer support;
5. practice new ways of thinking, feeling and relating.

Target Group:

Students and Kaiser Permanente plan members who experience problems in their lives stemming from parental alcoholism/chemical dependency and who are motivated to address these problems.

Group Size:

Maximum of 12 participants.

Referral Process:

Interested people should call either the Coordinator of the Alcohol and Drug Education Program at UHS, 549-2671X181, or the Coordinator of the Group program at Mental Health, 545-2337. Pre-registration and a brief screening interview are required for participation.

Athletic Health Enhancement Program

218 Boyden Building • Athletic Department or
371B University Health Services • 549-2671 x181

The purpose of this program is to provide coaches, staff and student-athletes with accurate and current information on alcohol, drugs and other health-related topics. The *Athletic Health Enhancement Program* (AHEP) offers education, consultation, intervention, and referral services.

The *educational component* includes group and individual sessions on drugs, alcohol and other health issues which could interfere with athletic performance.

Consultation is available for coaches, staff and students seeking ways to approach an individual who may have an alcohol or drug problem. The *intervention* service is for student-athletes who are concerned about their own alcohol or drug use, about a teammate's use, or a family member.

Referrals for clinical services will be made to University Health Services or other appropriate sources.

The coordinator of the program will arrange to meet with any athlete referred by a coach, a teammate or by self-referral. Such meetings will be educational in nature and may include a referral for counseling if such assistance is determined to be beneficial.

All individual appointments are confidential. Students can make arrangements to meet with Deirdre Scott, the program coordinator in 218 Boyden or at the Health Center, room 371B, or call UHS, Health Education Division, 549-2671, ext. 181.

University of Massachusetts at Amherst

Housing Services

Residential Education Alcohol Program

The Residential Education Alcohol Program (REAP) offers services to students who violate the Code of Student Conduct due to alcohol-related behaviors. The Program is part of the disciplinary system and provides students an educational experience to help change problem behaviors. While the program consists of a series of educational workshops, the student is responsible for seeking counseling or treatment on or off campus.

Objectives:

1. To help students identify their drinking patterns and related problems, and the impact of their negative behavior on themselves and others.
2. To encourage students to explore their values and attitudes about alcohol use.
3. To provide factual information about alcohol, problem drinking, and alcohol abuse.
4. To educate students about University policy and Massachusetts state law.
5. To assist students in developing strategies for positive behavior change.
6. To educate students about on and off campus alcohol referral resources should they need help in any way.

Target Group:

Students eligible for this program include those found responsible for:

- ☞ First offense violations of the Code of Student Conduct for alcohol-related violence, vandalism, harassment, unconsciousness, injury by reason of intoxication, and possession of kegs/other large volume containers.

- ☞ Second offense for other alcohol-related violations.

Referral Process:

The program is offered to students as a condition to a probationary sanction and as an alternative to removal from the residence halls. Residence Directors may present this option to students during their pre-hearings. A Hearing Board may also recommend this option for a student to an Area Coordinator.

Students are required to sign a program Contract with their Residence Director and to hand deliver a completed Drinking Inventory to the Residential Education Office, 5th Floor JQA, within 48 hours of their disciplinary hearing. The workshops are held in 230 Patterson, a first floor classroom, and prompt attendance at these programs is required. For further information, contact the Residential Education Alcohol Program at 545-0137.

WELLNESS CORRIDOR

Description

In the Fall of 1988, the Wellness Corridor was created to offer a corridor that is alcohol/drug-free within the University of Massachusetts Residence Hall system. Its purpose is to provide students who have made the personal choice not to drink or use drugs, with a supportive place to live. During the 1988-89 academic year, the corridor housed 14 students. This year there are 50 students participating. Each of these students have made a commitment to a personal and academic lifestyle free of alcohol and other drugs. Some of the students are recovering alcoholics and addicts; others choose not to drink or use due to family alcoholism or chemical dependency; and some have made the decision not to drink or use drugs for personal reasons prior to attending the University of Massachusetts.

Programs

1. Weekly Support Groups - are conducted by a professional staff member. They provide a structured time for students living on the corridor to meet, talk about their issues, support each other in staying alcohol/drug free and work towards living a more healthy life.

2. Alternative Activities - are organized such as sober dances, pizza parties, attending regional conferences for other students in recovery and a Wellness Day.

Criteria for Selection

1. Priority will be given to students who are recovering from an alcohol/drug addiction. All students wanting to be chemical free are welcome. However, since recovering students are at higher risk, if they continue to live in an environment where others are using alcohol/drugs, they will be given preference.

2. Students on the corridor must be willing to be involved with others on the floor in social and structured group settings.

3. Students will be selected on the basis of the information provided on their applications.

For more information please contact: Carroll McGrath, Program Coordinator, Baker House Cluster Office, University of Massachusetts, Amherst, MA 01003. (413) 545-4215.